

General health screening recommendations for all women apply to women with disabilities. Although physical limitations resulting from a disability and barriers in health care facilities may make it difficult for some women to obtain health care and preventive health screenings, the presence of a disability should not be used as a reason to defer or neglect recommended screening. Rather, the presence of a disability may increase the need for screening and follow up. Various federal and state agencies have established general health promotion guidelines, and these guidelines may vary slightly. One federal agency, the National Women's Health Information Center (2004), has developed recommendations for health screening for all women (Table 1); these include specific issues that pertain to all women, including women with disabilities. However, based on a woman's health and her disability, some screenings may be recommended sooner, more often, or not at all. Each woman should be considered individually.

TABLE 1

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
General Health: full checkup including weight and height	Discuss with health care provider	Discuss with health care provider	Discuss with health care provider	Discuss with health care provider
Thyroid test	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood pressure test	Start at age 21, then once every 1-2 years if normal.	Every 1-2 years	Every 1-2 years	Every 1-2 years
Cholesterol test	Discuss with health care provider.	Start at age 45, then every 5 years	Every 5 years	Every 5 years
Bone Health: Bone mineral density test		Discuss with health care provider.	Discuss with health care provider.	Get a bone density test at least once. Talk to health care provider about repeat testing.
Diabetes: Blood sugar test	Discuss with health care provider.	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Oral Health: Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Reproductive Health: Pap test and pelvic exam	Every 1-3 years if woman is sexually active or is older than 21	Every 1-3 years	Every 1-3 years	Discuss with health care provider
Chlamydia test	If sexually active, yearly until age 25	If woman is at high risk for chlamydia or other STDs may need this test.	If woman is at high risk for chlamydia or other STDs, may need this test.	If woman is at high risk for chlamydia or other STDs, may need this test.